



Love news?  
Don't pay to watch  
celebrity gossip.

Pay for channels you actually want  
with Optik™ theme packs.



# Tired of paying for channels you don't watch?

With Optik™ theme packs you'll pay for  
what you actually want to watch.

**Get Optik TV™ and Internet for \$50/mo. for  
6 months when you sign up for 2 years.\***

Regular bundled price currently \$93/mo.

Make the switch. Go to [telus.com/optiktv](http://telus.com/optiktv),  
call **310-MYTV (6988)** or visit your **TELUS store**.



## TELUS STORES

### Downtown

Edmonton City Centre  
9915 108A Ave. NW  
11315 104th Ave.

### North

Kingsway Garden Mall  
Londonderry Mall  
Northgate Centre  
9410 137th Ave. NW  
9624 165th Ave.

### South

Bonnie Doon Mall  
Millwoods Town Centre  
Southgate Centre  
1916 99th St.  
1934 38th Ave.  
5912 104th St.  
6172 50th St. NW  
9518 Ellerslie Rd. SW  
10309 34th Ave.  
10642 82nd Ave.

### West End

West Edmonton Mall  
9935 170th St.  
10429 178th St. NW  
12714 137th Ave. NW  
14220 Yellowhead Trail  
14903 118th Ave. NW

### Fort Saskatchewan

112 Town Crest Rd.  
8701 94th St.

### Leduc

5311 Discovery Way  
5906 50th St.

### Sherwood Park

971 Ordze Rd.  
975 Broadmoor Blvd.  
2020 Sherwood Dr.

### Spruce Grove

Westland Market Mall  
96 Campsite Rd.  
141 Century Crossing

### St. Albert

St. Albert Centre  
20 Muir Dr.

### Stony Plain

82 Boulder Blvd.

\*Offer available until Feb. 29, 2016, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Cannot be combined with other promotional offers. Regular prices apply at the end of the promotional period. TELUS reserves the right to modify channel lineups and packaging, and regular pricing, without notice. HDTV-input-equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. Not available with Internet 6. Offer includes Optik TV Essentials and Internet 25. The Essentials is required for all Optik TV subscriptions. Internet access is subject to usage limits; additional charges apply for exceeding the included data. 6 month promotional pricing is available to new customers signing up for TELUS TV on a 2 year service agreement, otherwise promotional pricing applies for 3 months. Regular pricing applies from the end of the promotional period. Cancellation fee will be \$10 per month multiplied by the number of months remaining in the term, plus applicable taxes. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of the TELUS Corporation, used under license. All rights reserved. All copyrights for images, artwork and trademarks are the property of their respective owners. © 2016 TELUS.

## It's Time to Check Out Robertson College.

Programs in Health Care, Business & IT that will prepare you for your new career in 1 year or less. Classes start monthly! Call 780.809.0843 or visit [robertsoncollege.com](http://robertsoncollege.com) for more information.

**ROBERTSON  
COLLEGE**  
students *first.*

# Edmonton metro

**ROSEMARY WESTWOOD**  
**The Jian Ghomeshi trial is about all of us**  
metroNEWS  
metroVIEWS



Your essential daily news | MONDAY, FEBRUARY 1, 2016

High -5°C/Low -9°C Partly cloudy



Jen Storey, co-owner of Adara, cuts a customer's hair.  
KEVIN TUONG/FOR METRO

## GOING TO GREAT LENGTHS

Edmonton salon cuts gender-based prices

metroNEWS

## 'He died too young'

IDENTIFIED

### Edmonton-area men killed in B.C. avalanche

All five snowmobilers killed in an immense avalanche in eastern British Columbia were from Alberta, authorities said Saturday as the local community reeled from the tragedy.

The B.C. Coroners Service released the identities of the men, ranging in age from 41 to 55, shortly after RCMP held a news conference in McBride, B.C.

The men killed were: Vincent Eugene Loewen, 52, of Vegreville; Tony Christopher Greenwood, 41, of Grand Prairie County; Ricky Robinson, 55, of Spruce Grove; Todd William Chisholm, 47, of St. Albert; and John Harold Gar-

ley, 49, of Stony Plain.

A statement on behalf of Chisholm's family said he had a passion for sledding in the mountains.

"He died too young doing what he enjoyed with his sledding buddies. Thanks to the four friends who were with Todd for their efforts," it said.

"Todd will be sadly missed by his wife of 18 years, children, mother and father, brothers and sister, extended family, friends and community."

Chisholm enjoyed fishing, hunting, camping and playing games with his children and wife, as well as music, the statement said.

Grierson said four separate groups of snowmobilers from Alberta, totalling 17 people, were caught in the avalanche path or buried to some degree, but they have all been accounted for.

THE CANADIAN PRESS

#PRIDETAPE

Pride Tape initiative surpasses Kickstarter goals

metroVIEWS

Big Brothers Big Sisters



**\$1 MILLION  
GRAND PRIZE**

OWN A DREAMHOME

(it's better than living with your parents)

Licence # 413422 and # 413423



Your CHOICE of ONE of THREE DREAMHOMES plus \$150,000 CASH! | [BigBrothersHomeLottery.org](http://BigBrothersHomeLottery.org) or call 1.877.483.8832





**EVERY WEEK SOMEONE  
DRIVES AWAY FOR FREE.**

You could be next...

**GoAuto** **OUTLET** .ca  
WHOLESALE CARS & TRUCKS

**WE'RE HOME OF THE  
\$5K DEALS**

**REASON  
#7 TO  
SHOP  
GO AUTO  
OUTLET:**

We give you  
the best deals  
and a chance  
to win your  
purchase!



2004  
**PONTIAC GRAND AM SE1**  
STK#4M624054

OUTLET PRICE **\$3,459**



2008  
**PONTIAC G6 SE**  
STK#84254037

OUTLET PRICE **\$5,299**



2005  
**CHEVROLET COBALT LS**  
STK#Q57665219

OUTLET PRICE **\$5,399**



2004 **CHEVROLET  
MALIBU MAXX LS**  
STK#4F183596

OUTLET PRICE **\$5,660**



2003  
**FORD FOCUS SE**  
STK#Q3W322773

OUTLET PRICE **\$5,877**



2008  
**SATURN ASTRA XE**  
STK#85034769

OUTLET PRICE **\$5,903**

**GOAUTOOUTLET.CA**

**TEXT: 780-246-2866 CALL: 1-855-424-6106 VISIT: 17860-102 AVENUE**



Vehicles may not be exactly as shown. Prices include all fees and taxes, except GST. Some conditions apply. See dealer for details. Car-a-Week Giveaway: No purchase necessary. Open to legal residents of Canada (excluding Québec) who are of age of majority. Purchase or lease of select vehicles during the entry period (January 1, 2016 to December 31, 2016 during regular business hours) from participating dealers qualify for automatic entry. Some exclusions apply. Visit [www.GoAuto.ca/car-a-week](http://www.GoAuto.ca/car-a-week) for full details.



# Posters play a starring role here

**METRO CINEMA**

**Independent theatre uses volunteers to sell the classics**

 **Ryan Tumilty**  
Metro | Edmonton

At the Metro Cinema, the reels running through the projector are usually unique gems not seen at other theatres in town, but that’s not where their flair for the original stops.

The independent cinema at the Garneau Theatre shows movies you don’t see anywhere else, but they also use a volunteer army of 60 or so designers to create original designs.

Katie Sowden, the theatre’s director of communications and marketing, said the posters really speak to an audience that is looking for something different.

“It’s something that makes Metro unique. There is not any other movie theatre locally doing that,” she said.

She said the designs — often animated or abstract nods to the movie — are a big hit with customers. “We get people asking if they can have a copy.”

For the designers, working on posters can be a break from the everyday.

“The variety of stuff that I get to draw is great,” said Kristin Wosar, who counts The Muppets Take Manhattan and The Goonies in her portfolio. “In my job I do medical illustrations so this is a lot more fun than the

interior of a pelvis.”

Nadia Dzyakava said she likes to get outside her comfort zone and picks a challenge when she takes on a poster.

“I try to challenge myself and pick movies that I don’t know and have never watched before,” she said.

Jordan Carson, who has also done The Goonies, The Wizard of Oz, The Big Lebowski and The Rocky Horror Picture Show, said he volunteers in large part to help the Metro Cinema.

“For me it’s not just about seeing my work out there, it’s about making sure the work is cool and people want to see the movie and support this place,” he said. Carson said the posters offer a challenge, especially when they involve common characters. He is unequivocal when asked about his biggest challenge to date.

“Space Jam — you have to get the characters exactly right, because if you don’t get Bugs Bunny right every single person is going to know,” he said.

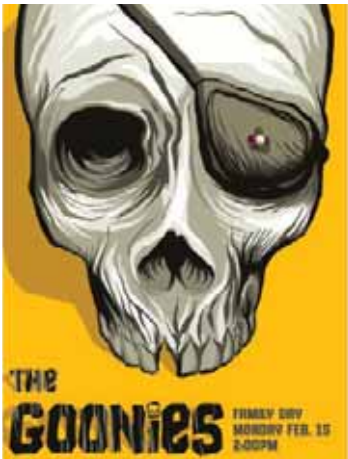
Sowden said the posters really draw people in.

“Especially when we do so many cult classics, and really classic films, it’s nice to get something new that really pops out,” she said. She said they have about 60 volunteer designers and will use a volunteer-contributed poster in most cases. She said for new releases it can make sense to use the film’s original poster, but for the classics it makes sense to have something with a unique twist.

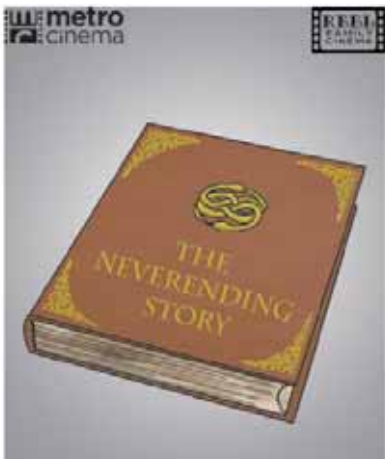
“If it’s The Big Lebowski, everyone knows what the Dude looks like, no matter how animated or abstract he is done.”



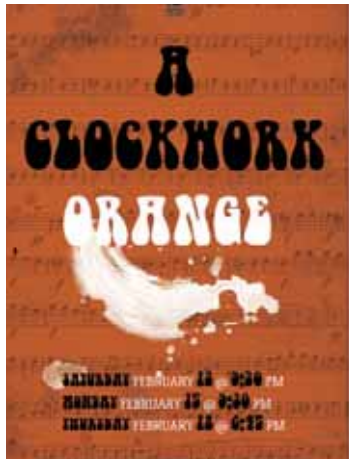
Jordan Carson, Nadia Dzyakava and Kristin Wosar hold up some of their personal favourite Metro Cinema posters. The trio are among dozens of volunteer poster designers. KEVIN TUONG/FOR METRO



1 The Goonies by Jordan Carson



2 The Neverending Story by Kristin Wosar



3 A Clockwork Orange by Nadia Dzyakava

jobbank.gc.ca

90%

Employment Rates

Edmonton City Centre campus 2014.

EARN A MEDIAN WAGE OF \$25.06/HR\* AS A PAYROLL OFFICER!

Get hands-on training and earn your Accounting and Payroll Administration diploma in less than a year!

REEVES COLLEGE ALSO OFFERS PROGRAMS IN:

Additions and Community Services Worker

Business Administration Management

Legal Assistant

Medical Office Administration

And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.533.1457

STUDY.REEVESCOLLEGE.CA



EDMONTON'S WEEKLY  
**LOOKAHEAD****Daily news forecast**

There's so much going on over the next week. Here's a quick look at what will be making the news over the next seven days.

**Monday**

In Edmonton, the youth accused in the slayings of two Mac's convenience store clerks, will appear in court to face first-degree murder and robbery charges Monday. He was 13 when he was arrested.

Also Monday, the Alberta Federation of Labour will release research on royalties, on the heels of the Alberta government's own royalty review last week. Meanwhile, Minister of Economic Development and Trade Deron Bilous will announce the government's plan to diversify the economy through the petrochemical sector.

In Toronto, former CBC broadcast celebrity Jian Ghomeshi's court trial to face four counts of sexual assault begins.

**Tuesday and Wednesday**

City efforts to curb shortcutting through residential neighbourhoods will be held for Ottewell

(Tuesday evening, Ottewell Community League hall), Crestwood (Wednesday evening at the community league hall) and Pleasantview (Wednesday, Ramada Edmonton South).

Meanwhile, Calgary's WestJet reports fourth-quarter and year-end earnings Tuesday. Analysts will be watching closely as the company recently announced it's cutting or reducing flights between six B.C. cities and Alberta's major airports as the downturn in oil prices weighs on travel demand.

Similarly, analysts will be looking for economic forecasts withing the fourth-quarter results for Suncor Energy that come in Wednesday.

**Friday**

The landmark takeover offer by Suncor Energy for Canadian Oil Sands expires Friday. Suncor is looking for at least 51 per cent of COS shares to be tendered to its revised offer, which now has the support of the COS board and major shareholder Seymour Schulich. METRO, WITH FILES FROM THE CANADIAN PRESS



**Premier Rachel Notley** speaks to reporters after the government released a report on Alberta's royalties on Friday.

LARRY MACDOUGAL/THE CANADIAN PRESS



**The Action Lab** is meant to allow people to work through social problems. CONTRIBUTED

# Researching change

**SOCIAL INNOVATION**

## Action Lab creates unique environment to solve issues

**Lucy Haines**  
For Metro | Edmonton

There's a new laboratory in town, but the workers inside it aren't wearing white coats.

Instead, inside the new Action Lab on 124 Street participants find a bright, inviting, playful

space stocked with oddities, plenty of white boards, comfortable chairs and couches and stacks of post-it notes.

The lab's purpose is to offer creative problem-solving tools for organizations tackling the complex issue of social innovation.

"Part of the magic here is to convene the right groups experiencing a challenge, with those who can champion policy change," said Ben Weinlick, senior leader of research and social innovation for Skills Society.

Many are already finding solutions from working at the lab.

"There are various cognitive tools integrated into the space that bring the process to life,"

said Vivian Manasc, co-founder of Manasc Isaac Architecture in Edmonton, which is focusing on environmental solutions for buildings.

A recent trip to the lab by Manasc Isaac resulted in the group creating 10 climate change recommendations for better buildings for the Alberta government.

"The empathy mapping tool helped us experience challenges from the perspective of others," Manasc said.

Weinlick said the open, airy space is critical for the Action Lab, as is running workshops and providing stewardship on three-month 'deep-dive' events, where groups can examine issues like

**+ SKILLS SOCIETY**

The Action Lab is a project of Skills Society, one of the largest disability service organizations in Edmonton. The 124 Street space will host workshops, strategy sessions and other events for citizens, city leaders and academia.

housing and isolation of marginalized populations.

The public can get a first look at Action Lab at an open house Monday, at 6 p.m.

# LIVE NOW. PAY LATER.<sup>†</sup>

**\$0/\$0/\$0%**  
Down Payments Interest

Starting at \$490/eye\*

Book a free consultation  
at 1-855-301-2020 or lasikmd.com

**LASIK MD**  
VISION

#lasiklife

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All Laser procedures (including Laser PresbyVision) for both eyes. Cannot be combined with any other offer or discount. \*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Standard LASIK starting at \$490 per eye and Custom LASIK at \$1,490/eye. Other conditions may apply.



## POLITICS

## Talk of Alberta Health cuts worries medicare advocates



**Jeremy Simes**  
For Metro | Calgary

Though Alberta Health has said front-line care won't be affected when "cuts" are made to curb the growth of health-care spending, Friends of Medicare finds such "vague" talk of cuts troubling for front-line workers.

Last week Dr. Verna Yiu, Al-

berta Health Services' interim president and CEO said numerous health departments within AHS would be affected by cuts to curb health-care spending.

To curb spending, Yiu said, AHS is looking at the standardization of hours, and combatting overtime and sick-time to increase full-time percentages, as labour costs make up 70 per cent of AHS' budget.

Currently, the province's average increase in health-care

**“Front-line care is already being stretched.”**

Trevor Zimmerman

costs has hovered around six per cent over the last two years. For the 2015-16 fiscal year, Yiu said she'd like that average increase to be at 2.8 per cent.

Friends of Medicare spokesman Trevor Zimmerman said AHS' plans to standardize hours and shave growth spending from all departments is worrying.

"What we're hearing is that front-line care is already stretched as it is," he said.

For Elisabeth Ballermann, president of the Health Sciences Association of Alberta, AHS needs to clarify its plans to standardize hours.

"If someone calls in sick and the hospital doesn't plan to re-fill that position because it doesn't want to pay overtime, then (Alberta Health) would not be able to legitimately say that front-line care isn't being affected," she said.

"If that's the case, then that would be a problem for patient care — workers would have to do more work that would be less thorough."

On the flip side, Ballermann

said less overtime could be good for workers.

"Some work overtime because there aren't enough people, so I'm sure they'd be quite happy to not work that overtime," she said.

"It suggests they might have to hire more people to work straight time to get the same work done."

Details of efficiencies will be made when AHS outlines its budget in February.



**Father Michael Mireau** was district chaplain for Edmonton Catholic Schools when he died in 2014. CONTRIBUTED

## Tribute set for chaplain

## YOUTH FAITH DAY

### Legacy of 'Father Catfish' to be recalled



**Alex Boyd**  
Metro | Edmonton

The legacy of a popular Edmonton priest who died from cancer lives on in the first annual Father Michael Mireau Youth Faith Day Monday.

Affectionately nicknamed "Father Catfish," Mireau was the district chaplain for Edmonton Catholic Schools when he died, age 42, in November 2014.

Mireau's funeral was broadcast by several TV stations, and flags at Catholic schools around the city dropped to half-mast.

He was hugely popular with students and known for the YouTube videos he made to document his thoughts on everything — from current events to student issues to, finally, his struggle with cancer.

Filmed mostly in his office with pictures of Jesus visible alongside Darth Vader and Iron

Man helmets, the videos offer a Catholic take on modern questions.

Some are serious ("How does one fit into the church if they're gay?") and some ("Do dogs go to heaven?") less so.

Nathan Kasowski, a Grade 8 student at St. Kevin Junior High, never met Mireau, but has been watching his videos in class for years. "People watch them all the time, he's probably one of the easiest priests and one of the most friendly story-telling people you'll ever know," he said.

"You can only hope to have the impact that he did, in such a short time," said Heather Kaup, principal at St. Kevin. She said his videos are still shown in religion classes across the city.

Kaup and Mireau met as children, and remained close; he sang at her wedding and baptized her children. She says his gift was always making his lessons accessible, and the enduring popularity of his videos show that.

"He called us to help each other, at the end of the day," she said. "He asked people, 'What is your passion and what are your gifts and how can you use them to help others?'"

**LUCKY STARS 50/50**

**STARS 30**  
THIRTY YEARS OF CARE IN THE AIR

**3,200 PRIZES**  
WORTH MORE THAN **\$5.6 MILLION RETAIL**

**5 GRAND PRIZES, 30 VACATIONS, 9 VEHICLES AND MUCH MORE**

<p><b>GRAND PRIZE #1</b> WORTH \$1.45 MILLION RETAIL</p> <p><b>Calgary Area Home</b> 27 Prairie Smoke Rise, Harmony, Rocky View County</p>	<p><b>GRAND PRIZE #2</b> WORTH \$975,000 RETAIL</p> <p><b>Edmonton Home</b> 7103 Bannock Bay, Village at Grisebach</p>	<p><b>GRAND PRIZE #3</b> WORTH \$945,000 RETAIL</p> <p><b>Sylvan Lake Home</b> 4292 Ryders Ridge Blvd, Sylvan Lake</p>
<p><b>GRAND PRIZE #4</b> WORTH \$825,000 RETAIL</p> <p><b>Lethbridge Home</b> 9118 Maybell Palmer Vista North, Legacy Ridge</p>	<p><b>GRAND PRIZE #5</b> WORTH \$141,503 RETAIL</p> <p><b>HOME AWAY FROM HOME</b></p> <p>1 - 2016 GMC Sierra HD SLT Crew Cab 1 - 2016 Arctic Fox Z7-SL Fifth Wheel w/hitch Supplied by: McCallan Wheaton Chevrolet Ltd., Camrose Tax Free Trade &amp; RV Centre Ltd., Camrose</p>	<p><b>WIN UP TO \$1.55 MILLION</b></p> <p><b>LUCKY STARS 50/50</b></p> <p>Tickets Only: <b>\$10 each, 5 for \$25, 10 for \$50</b></p>

**TWO EARLY BIRD PRIZES**

**PRIZE #1**  
**\$100,000 CASH**

**PRIZE #2**  
2016 AUDI TT QUATTRO COUPE, SEVEN NIGHTS FOR TWO ADULTS AT THE IBIS LONDON EARLS COURT HOTEL, LONDON AND \$5,000 CASH

**CAR, VACATION AND CASH PACKAGE**  
WORTH \$77,927 RETAIL

In. round trip airfare and all applicable taxes. Vehicle supplied by: Glenmore Audi, Calgary. Vacation supplied by: 1000.000 One Travel, Edmonton

**starslotteryalberta.ca** **1-888-880-0992**

**TICKETS ONLY \$25 EACH, 3 FOR \$60, 6 FOR \$100 AND 18 FOR \$250**

Please see the website for full rules and regulations. Sold in Alberta only. Lottery Licence #A14038 | LUCKY STARS 50/50 Licence #A14039



# It takes an online village

## COMMUNITY

### Facebook group helps struggling parents



**Sanam Islam**  
Metro | Edmonton

About a year ago, all Tangie Owens owned was two mattresses.

She had just left her partner with her two kids. She had no home and made little money.

But since then, Owens has received more than 100 free items — everything from a microwave and a bed to children's clothes and toys — through a Facebook page for Edmonton parents.

"There are no words for what this community has done for me. I wouldn't have been able to get on top of my finances or get to where I am today if it wasn't for this page," Owens said.

Called Nifty Thrifties, the



**Tangie Owens**, right, has received items such as a bed, a toy kitchen set and clothes from an online group started by **Shannon Davis**, left. SANAM ISLAM/METRO

page is an online community of more than 5,000 parents — from various financial backgrounds — who donate or receive gently used baby items and other household goods.

Shannon Davis, a 24-year-old single mother, created the

group about a year ago.

"Raising kids is expensive no matter what financial bracket you're in. We wanted to have a community where people in need could post why they needed items and come to a judgement-free environment,"

Davis said.

Davis, who is currently out of work, said the group grew quickly and that may have been because of Alberta's economic situation.

"Last year, because of the oil (industry) layoffs, a lot of

**“There are no words for what this community has done for me.”**

Tangie Owens

people were hit hard, and it became increasingly difficult to access community agencies since a lot of places were tapped," she said.

"Unfortunately for people in a higher-income bracket, they can't access a lot of them. Our community was the only place they could come to."

Davis said local agencies such as Bent Arrow Traditional Healing Society have even been referring people to her Facebook page.

But she said what makes her page stand out from other similar ones is the team of administrators.

"They're amazing. One of them drove to the other end of the city to drive a woman who was escaping a domestic violence situation," she said.

## IN BRIEF

### Transit fares go up by a nickel Monday

Starting Monday transit riders will spend a nickel more to get where they're going. Increases to Edmonton Transit fares, passed by city council in December, will be implemented first thing Monday with the cash fare rising to \$3.25 from \$3.20.

Initially, administration had recommended the \$3.25 number with another increase to \$3.50 in 2017, but council turned down that idea during budget deliberations.

Along with the increase to the cash fare, a group of 10 tickets will go from \$24 to \$24.75 and monthly adult passed will go up to \$91.50. METRO

### Alberta could be in line for federal relief cash

The Liberal government has confirmed that Alberta could be eligible for payments under a little-known federal fiscal stabilization program, Finance Minister Bill Morneau acknowledged during question period.

THE CANADIAN PRESS

**EMPLOY**  
*Abilities*

**FOR INDIVIDUALS WITH MEDICAL CONDITIONS, DISABILITIES OR A BARRIER TO EMPLOYMENT**

**DEVELOP EFFECTIVE COMPUTER AND WORK SKILLS!**

Entry Level Employability Skills Training Program

### 24 Weeks Practical Skill Development includes:

- 21 Weeks Job Readiness & Computer Training
- 3 Weeks Work Experience

Living Allowance may be Available for Eligible Participants

Training funded by Alberta Works

### Computer Training Includes:

- Keyboarding
- Windows 7
- Microsoft Office Suite 2010

### Approved participants may have access to:

- Sign Language Interpreters
- Specialized Learner Supports

**Monday - Thursday**  
**8:45am - 4:00pm**

**REGISTER NOW!**  
**TRAINING STARTS**  
**APRIL 18<sup>TH</sup>, 2016**

### Job Readiness Training Includes:

- Teamwork
- Work Culture
- Job Search Techniques
- Employers Expectations
- Professional Behaviors
- Skills required to maintain a job

**SPECIAL FEATURES:**  
**300 Hours Microsoft Office**  
**200 Hours Essential Job Skills**  
**100 Hours Work Experience**

**CALL TODAY for more information or to register!**  
**Contact Tony @ 780-945-4632 or tony@employabilities.ab.ca**

digitalschool.ca

**I WILL DESIGN**

From smart phones to skyscrapers, most industries require technical designers. At Digital School, train to become a Computer Aided Drafter or CAD Technician. Work with the latest Autodesk software and design the future you always wanted. Digital School makes it happen fast... in one year or less. Call us today!

**ENROLL TODAY!**

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter

**NEW LOCATION**  
**10010-100 STREET**

FOR MORE INFORMATION CALL  
**780.414.0200**

**ds DIGITAL SCHOOL**  
Technical Design College



# NDP introduces oil and gas system

## ECONOMY

### Premier says framework for royalties to ease the pain

Pent-up anxiety over changes to Alberta's oil-and-gas royalties dissipated Friday after the province revealed it's keeping the status quo for oilsands players and simplifying the system for conventional oil-and-gas wells.

A panel led by Dave Mowat, head of Crown-owned bank ATB Financial, has spent the last five months studying Alberta's royalty system — amid a worsening outlook for oil prices.

Rachel Notley's NDP government accepted the panel's recommendations.

"Our new royalty framework



Rachel Notley METRO FILE

recognizes the reality of our economy today," Notley said Friday.

"It is designed to encourage more investment and more jobs than we'd otherwise have."

Oilsands projects in their early stages pay royalty rates on gross revenues of between one and nine per cent, depending on oil prices. Once they've recovered their upfront costs, they pay whichever is higher: the afore-

mentioned formula, or 25 to 40 per cent of net revenues, which take into account certain costs.

Mowat said the focus of the panel was less on rates and more on how to make the system work better.

The formula for conventional oil and natural gas wells will be changed to look more like the one for oilsands, accounting for upfront costs. The new system will take effect in 2017. Wells drilled prior to that will be subject to the existing rules for 10 years.

A flat five per cent royalty rate will be applied on those wells until their revenues equal a cost allowance, after which rates will rise.

The province will determine in the coming months how those cost allowance numbers will be crunched and is expected to announce more details before the end of March. The system is designed in such a way that companies whose costs are lower than the industry average will enjoy lower rates for longer.

THE CANADIAN PRESS

It responds to the pain and the uncertainty that workers and families are feeling across our province. Rachel Notley



## INFO SESSION WEEK

### FEBRUARY 1-6

VISIT  
THE  
CAMPUS

LEARN  
ABOUT OUR  
PROGRAMS

MEET  
WITH FACULTY  
AND ADVISORS



[MacEwan.ca/InfoSessionWeek](http://MacEwan.ca/InfoSessionWeek)

## GUARANTEED LOWEST PRICES AND CASH BACK!

### 2013 CHEVROLET 1500 CREW 4X4

ST#13B6373



**\$17,971**

OR \$60/WK

3.99%

### 2014 FIAT 500L

STK#14A5168

LEATHER/SUNROOF



**\$16,593**

OR \$56/WK

3.99%

### 2012 FORD FIESTA SES

ST#12T8618

LEATHER/SUNROOF



**\$8,572**

OR \$34/WK

3.99%

### 2012 FORD FUSION SEL

ST#12T9081

LEATHER/SUNROOF



**\$9,118**

OR \$36/WK

3.99%

### 2013 FORD F-150 S/C 4X4 XLT

STK#13B4984

ECO BOOST



**\$23,370**

OR \$78/WK

3.99%

### 2014 FORD FOCUS SE

STK#14B0302



**\$13,751**

OR \$47/WK

3.99%

### 2015 DODGE GRAND CARAVAN

STK#15B3554

ONLY 1,000 KMS



**\$25,079**

OR \$75/WK

3.99%

### 2014 TOYOTA RAV4 LE AWD

STK#14B2921A



**\$23,336**

OR \$78/WK

3.99%

**780.483.7516**



10212-178 ST. EDMONTON  
MON-FRI 9-9, SAT 9-6, SUN 11-5  
[WWW.CWAS.CA](http://WWW.CWAS.CA)



SALE PRICES IN EFFECT UNTIL CLOSING TIME TODAY 9PM. IE: 2014 TOYOTA COROLLA ST#14B9059/PAYMENTS BASED ON 3.99% APR, 0 DOWN FOR 84 MONTHS. \$16090 OR 54WK. COST OF BORROWING IS \$2565.80 AND TOTAL OBLIGATION OVER THE TERM IS \$19927.32. MUST QUALIFY FOR SPECIAL RATE. O.A.C. PRICES SHOWN DO NOT INCLUDE GST. VEHICLES MAY NOT BE EXACTLY AS ILLUSTRATED. SEE DEALER FOR COMPLETE DETAILS.



# Mane goal: Gender equality

## FRESH IDEAS

### Salon owners launching fair hair pricing



**Alex Boyd**  
Metro | Edmonton

Women have long paid higher prices for haircuts — the assumption being their hair is longer and harder to cut and style.

But that's not fair, according to the co-owners of an Edmonton salon, who as of March 1 are cutting gender-based pricing.

"We want everything to be about equality," said Jen Storey, co-owner of Adara Hair and Body Studio in Mill Creek, adding that with changing styles, the decision has been a long-time coming.

"Women have been cutting their hair short since the '50s and '60s."

Starting March 1, the Salon will have separate price ranges for long, medium and short

cuts, regardless of gender, with some wiggle room for cuts that are more complex.

Under the new system cuts will range from about \$37 for a shaved, or pixie cut, up to \$67 for longer hair. Right now a women's cut is about \$55, and a men's cut is about \$35.

Rebecca Wollenberg, the other owner, said men's styles are also changing.

"A lot of men in Edmonton are becoming more conscious about their appearance," she said. "They're looking to be a bit more trendy and express themselves through their hair, which does require a lot more time and energy."

Storey said the change will also be more welcoming to transgender and non-binary customers.

Wollenberg said they've had women with short hair question why they've had to pay higher prices in the past, and the response to the new scheme has been positive.

"People are really excited that we're being really progressive."



**Jen Storey, and Rebecca Wollenberg, co-owners of Adara Hair and Body Studio, won't be charging based on a customer's gender anymore.** KEVIN TUONG/FOR METRO

## DISPUTE

# Entrepreneurs fight over 'night market' name



**Sanam Islam**  
Metro | Edmonton

The founder of a three-year-old business called Night Market Edmonton believes a new market has illegally taken the name.

Last week, Metro reported on the Edmonton Night Market, a new project by local entrepreneur Arjun Gill.

But Trina Shipanoff, whose market runs during the summer on Jasper Avenue and 105 Street, said the name is taken.

"I have a trademark for the

name 'Night Market Edmonton' for the next 15 years," Shipanoff said.

Shipanoff said she became concerned after she received several calls confusing Gill's night market with hers.

"People are going to be contacting him instead and that

hurts my business."

Gill and Shipanoff have spoken, but he has refused to change the name of his business.

"We have legal documentation to prove that in the province of Alberta our business is incorporated as Edmonton

Night Market," Gill said. "She's the one who's using our name illegally."

Both parties say they have contacted their lawyers and are willing to go to court to settle the dispute if needed.

"Trademark law extends to beyond just the exact name,"

said Robbie Nissen, a lawyer with Nissen Patent Law.

He said factors such as which party has better rights over the name and whether confusion is being caused are taken into account. If the parties don't settle, it can take years for the dispute to be resolved in court.

## It's Time to Check Out Robertson College.

Programs in Health Care, Business & IT that will prepare you for your new career in 1 year or less. Classes start monthly! Call **780.809.0843** or visit **robertsoncollege.com** for more information.

**ROBERTSON COLLEGE** students *first.*





# Deaths don't stop snowmobilers

MCBRIDE, B.C.,

## Couple back on mountain very next day after tragedy

The day after a colossal avalanche killed five Alberta snowmobilers in eastern British Columbia, Thea Pelletier climbed aboard her machine and returned to the backcountry wilderness.

She unfastened a yellow plastic lily from her backpack and planted the flower in pristine snow to pay her respects.

RCMP said the snowmobilers were in four separate groups that had converged just before the slide came roaring down.

As the sun set Saturday evening, four trucks with Alberta licence plates and snowmobile trailers attached were left empty in the darkness at the foot of the Rocky Mountain range.

Inside one was a pack of

cigarettes and ring of faux Hawaiian flowers, hanging from the rear-view mirror. There were Tim Hortons coffee cups in another, and an Edmonton Oilers cap sat on the dash of the vehicle next to it.

By early Sunday, groups of snowmobilers prepared to leave McBride — some calling it a stressful weekend, while others believed more painful emotions would set in later.

Two men said they were heading back to the scene to

retrieve the sled of their friend, who had died.

"He was a very nice guy, a family man," said Leo, who didn't give his last name, of his friend John Garley.

He said preventing future deaths required "education," but he described the scene on Friday as "just a bad situation."

Neil Petryshen, from Saskatoon, said he and his friends hadn't absorbed the loss yet, but suggested the tragedy wouldn't stop them from going out again.



**There's different types of brain mentality for sledders.**

Neil Petryshen



Clint Pelletier loads his snowmobile onto a trailer after snowmobiling with his wife at Mount Renshaw near McBride, B.C., on Saturday. DARRYL DYCK/THE CANADIAN PRESS

"Why doesn't it stop us? There's different types of brain mentality for sledders," he said, noting they weren't into going up extreme peaks. "But the risk-takers, they want to go there. As you advance, you want to push the limits."

Pelletier, 31, and her hus-

band were among exhilarated teams of sledders who returned to the parking lot near the mountain's base after ripping around in the mountains.

She said she'd first heard of the deaths when a news alert flashed on her smartphone.

Her first reaction was "total

shock," she said. When she and her husband returned to McBride, they went to dinner at a restaurant that was packed with a sombre crowd.

"It was pretty heavy in there," she said, after listening to rescuers describe pulling bodies and 12 survivors from

the snow. "They were just debriefing over a beer."

But the couple still chose to head out the next morning on the mountain where the tragedy occurred.

Pelletier admitted feeling trepidation, but was confident they took proper precautions. She checked the avalanche danger rating, hung an SOS beacon from her neck, and carried a probe and shovel.

"I guess I'm a risk-taker. But you have to take calculated risks," she said.

Though she and her husband steered well clear of the avalanche site, from one vista they could still see vast cracks where snow bowls had been disturbed.

Pelletier was nowhere near the victims the day they died, but said she had often witnessed "showboating and a lot of testosterone" displayed in the male-dominated sport.

Search and rescue manager Rod Whelpton, who helped in the response, noted the deep snow made for an unpredictable situation. However, Friday's deaths would not necessarily be a future deterrent, he said. THE CANADIAN PRESS

## Get Ready for Winter



**2009 Acura MDX Technology**  
#DN5072A  
**\$20,789.25 + GST**  
Loaded



**2013 BMW X5 Xdrive35i**  
#N6213A  
**\$50,496.25 + GST**  
Loaded



**2013 Acura RDX**  
#N6187A  
**\$35,401.25 + GST**  
Tech Package



**2010 Acura RDX**  
#N6098A1  
**\$23,389.25 + GST**  
1 Owner, Clean Carproof, Loaded



**2011 Range Rover Sport**  
#DU1065  
**\$47,001.25 + GST**  
AWD/Low KMS



**2014 Audi Q5**  
DU1022  
**\$45,501.25 + GST**  
AWD, Fully Loaded



**2011 Audi Q5**  
#N6231A  
**\$35,389.25 + GST**  
Local, Clean, Loaded



**2012 Subaru Outback**  
#U1068  
**\$26,001.25 + GST**  
AWD/Touring Package

» visit [AudiEdmontonNorth.com](http://AudiEdmontonNorth.com) or email [sales@audiedmontonnorth.com](mailto:sales@audiedmontonnorth.com) for more details.



**Audi**  
Edmonton North

**Delighting Guests**  
**Alberta Wide**

18855 Stony Plain Road NW  
Edmonton, AB  
(587) 772 AUDI (2834)

Dealer #4091576. Vehicles may not be exactly as illustrated. Offers expire February 29, 2016. Prices exclude GST but include documentation and AMVIC fee. See dealer for details.

**The Jim Pattison**  
**autogroup**





# Lead is in Canadian pipes, too: Experts

## WATER

### About 60,000 households have unsafe service lines

Water-toxicity experts estimate that about 10 per cent of Canadians are at risk of being exposed to lead through their drinking water as Americans in Flint, Mich., grapple with an ongoing water scandal.

Research funded by the Canadian Water Network estimates that about 60,000 households in major cities across the country still have lead service lines connecting the home to the municipal water supply.

Senior researcher Graham Gagnon says each member of those households could find themselves consuming lead.

Gagnon, director for the Centre of Water Resources Studies at Dalhousie Univer-



**Bottled water is distributed to residents of Flint, Mich., on Saturday.** THE FLINT JOURNAL-MLIVE.COM/THE ASSOCIATED PRESS

sity, says lead service lines can also be present in smaller communities and in larger buildings such as schools. Exposure could also come about through buildings using fixtures, faucets or other components containing lead.

But Gagnon and others say Canada's cities have recognized

the risks and made a concerted effort to decrease the number of lead pipes in their systems in recent years.

Gagnon believes such efforts may protect those cities from the sort of lead poisoning crisis unfolding in Flint, though he adds communities that haven't launched replacement projects



**A resident uses bottled water to wash her three-week-old son at their home in Flint, Mich.** THE DETROIT NEWS/THE ASSOCIATED PRESS

are at greater risk.

Bu Lam, manager of municipal programs at the Canadian Water Network, said communities built before 1950 are far more likely to have used lead in either their municipal water mains or the service lines connecting them to local buildings. THE CANADIAN PRESS

## CHARITY

### Food banks worried about rising prices

Canadian food banks hope the pinch they're feeling from rising food prices isn't snowballing into a full-fledged crisis.

While each agency has unique circumstances, many say higher prices during the peak winter period are limiting how much food they can purchase and having an impact on donations while also spurring a greater demand for their services.

# 200M

The amount of food, in pounds, that the country's 800 food banks distribute every year to more than 850,000 people, according to Food Banks Canada

Fresh produce prices began to surge after Christmas as adverse weather in U.S. growing regions and a weaker Canadian dollar caused the cost of imports to soar. Some food banks shifted what they handed out, turning more to canned and frozen goods. Most tried to access locally grown produce, particularly root vegetables. THE CANADIAN PRESS



## MARIJUANA REGULATIONS

### Medical pot producers eye advertising rule changes

Some of Canada's biggest producers of medical marijuana want Ottawa to implement advertising regulations similar to those that govern the sale of alcohol, as they await the Liberal government's long-promised legal recreational market.

Producers are currently allowed to publish only basic information about their products, such as name and price. Active promotion is prohibited. The regulations pose a legal conundrum for companies that are anxious to market and promote their products. THE CANADIAN PRESS

## SHARING ECONOMY

### Feds examine challenges of peer-to-peer transactions

Companies like Uber and Airbnb were the subject of a quiet in-depth study by high-ranking federal bureaucrats, Torstar News Service has learned.

A committee of five deputy ministers and a team of analysts undertook a comprehensive study of the so-called sharing economy and its implications for Canadian policymakers and consumers.

The study, delivered to the committee in February 2015, found significant challenges for

government regulation of the notoriously slippery and ever-expanding industry of ride-sharing, apartment renting and other peer-to-peer transactions.

The report listed three broad areas of concern: the economy, labour and social issues and "privacy, health and safety."

Its authors noted that Canada's social safety net — including the employment insurance and old age security systems — may need to be "redesigned" to meet the needs of sharing-

economy workers.

Likewise, the risk of unreported income from those workers could lead to tax compliance issues and a hit to social services.

But the deputy ministers were also cautioned against attempting to overregulate the industry because it could stifle the rapid innovation in the field, and because it could push the sharing economy "fully outside the government's control."

TORSTAR NEWS SERVICE

## INTERNET

### New house rules for privacy



**Michael Woods**  
Metro | Ottawa

Concerned about your kids' online privacy? Want to set out some ground rules for their use of the Internet but not sure what they should be? Canada's privacy watchdog is here to help.

The federal privacy commissioner's office has launched House Rules, a new interactive tool that helps

parents manage the growing risks their children face online.

"We want families to consider their online behaviour and how personal information may be collected, used and disclosed so that children will learn to think twice before sharing any sensitive details," Commissioner Daniel Therrien said in a release.

The tool is simple: You choose the online activity you're concerned about, and it spits out some suggestions

for rules to govern your kids' behaviour.

The types of activities include playing games, using social-networking sites, downloading apps, sharing photos and videos as well as online shopping. Each category has its own potential set of rules to choose from.

A few minutes of using the House Rules generates a handy list of dos and don'ts, which can be printed off. There's room to add your own customized rules to the list.

**Imagine your future with Alberta Blue Cross**

Join an information technology team where innovative and creative thinking is welcomed—a supportive environment that genuinely values your contribution. Join an award-winning organization that plays an active role in the communities we serve and encourages healthy, balanced lifestyles.

**Alberta Blue Cross**  
**Information technology career fair**  
Wednesday, February 3  
9 a.m. to 3 p.m.  
The Westin Edmonton, Centennial Room  
10135 100 Street

Attend our information technology career fair to learn more about available career opportunities and how you can become part of our team.

**ALBERTA BLUE CROSS**  
www.ab.bluecross.ca

Alberta's 70th Anniversary Award of Distinction Premier Award for Healthy Workplaces





Campaign volunteers listen as Democratic presidential candidate Sen. Bernie Sanders speaks during a campaign event on Jan. 31, in Waterloo, Iowa. **Sanders continues to seek support for the Democratic nomination prior to the Iowa caucus on Feb. 1.** ALEX WONG/GETTY IMAGES

# U.S. divided ahead of Iowa caucus

## POLITICS

### State's vote a snapshot of gulf between parties, public

You hear Adam Khan talk about himself and think America maybe isn't so divided after all.

Then you hear him talk about America. Khan, 24, is the son of a Pakistani immigrant father and a white mother. Last year, he was elected chairman of the Republican Party in a key swing county in Nevada. He is a young brown man with Muslim heritage — and a supporter of gay marriage — rising fast in the domain of older white conservatives.

Republican front-runner Donald Trump, Khan said, is threatening to make the party more welcoming to bigots than minorities. His Reno-area community, meanwhile, is more politically polarized than ever.

"The Democrats blame (George W.) Bush for everything. The Republicans blame Obama for everything," he said. "And it just perpetuates the divide."

The voting phase of a rollicking presidential primary begins on Monday, when Iowa's Republicans and Democrats pack gymnasiums for their party caucuses.

It's not just that Republicans and Democrats disagree on how to solve pressing problems; they disagree on what the problems even are. They have starkly different desires about where to live and how to live.

"All the data that we have suggests that, today, things are much more polarized than they have been at any point at least over the last 80 years," said Jocelyn Kiley, associate director of research for the polling organization Pew Research.

President Barack Obama campaigned as a unifying healer. Over his seven years in office, the gulf between the parties has grown far wider — both in the



Adam Khan CONTRIBUTED

way their politicians vote and in the way their supporters feel.

Republican voters press their candidates on threats to their safety and to the Constitution. Democratic voters ask theirs about the dangers of climate change and income inequality. Town halls held in the same Iowa counties sound like they are taking place in different countries.

"The divide is great," said Jeff Jorgensen, Republican chairman in Iowa's Pottawattamie County. "It's almost a divide that can't be bridged." TORSTAR NEWS SERVICE

## SYRIA

### Bombings cloud UN talks

A triple bombing killed dozens in a predominantly Shiite suburb south of the Syrian capital of Damascus on Sunday even as a UN mediator held his first meeting with opposition members to progress on humanitarian issues to end the civil war. The attacks were claimed by militants from the Islamic State of Iraq and the Levant (ISIL), and Syria's delegate to the talks said the violence confirmed the connection between "terrorism" and those who oppose President Bashar Assad.

THE ASSOCIATED PRESS

## TURKEY

### Authorities detain Omar Khadr's sister

Zaynab Khadr, the outspoken sister of former Guantanamo detainee Omar Khadr, is in custody in Turkey, Torstar News Services has learned.

Khadr had moved to Turkey around the time her younger brother Omar was transferred from Guantanamo Bay, Cuba, to Canada in September 2012. She reportedly remarried and had two young children.

She and her mother, Maha El-

samnah, came under criticism in Canada for remarks they made for a March 2004 CBC documentary titled Al Qaeda Family.

In 2005, Zaynab Khadr was under investigation for terrorism offences by the RCMP, but was never charged. It is not known if the Canadian-born Khadr is being held in Turkey for a criminal or immigration matter. TORSTAR NEWS SERVICE



Zaynab Khadr TORSTAR NEWS SERVICE

## 10 DAY SALE FINAL DAY

GET UP TO

**\$2,000<sup>^</sup>**

BONUS CASH\*  
ON SELECT 2016 MODELS

LEASE FROM

**0%<sup>\*\*</sup>**

ON OTHER SELECT  
2016 MODELS

<sup>^</sup>Tiguan Highline amount shown

### 2016 GOLF

GET UP TO

**\$1,250** BONUS CASH

STANDARD APP-CONNECT

Highline model shown



Highline model shown

### 2016 JETTA

GET UP TO

**\$1,500** BONUS CASH

NEW 1.4 TSI ENGINE

### 2016 TIGUAN

GET UP TO

**\$2,000** BONUS CASH

AVAILABLE 4MOTION ALL-WHEEL DRIVE



Highline model shown

## 2015 MODEL CLEAROUT

2015 Volkswagen CC	\$10,000 Off	Last One
2015 Volkswagen Tiguan	\$5,000 Off	5 Left
2015 Volkswagen GTI	\$3,000 Off	4 Left
2015 Volkswagen Golf	\$2,000 Off	6 Left
2015 Volkswagen Beetle	\$3,500 Off	3 Left
2015 Volkswagen Passat	\$4,000 Off	Last One

Southgate Volkswagen  
Driving satisfaction.



1223 - 101 Street SW  
780.438.8888  
SouthgateVW.ca

\*Up to \$1,250/\$1,500/\$2,000 lease bonus cash available to be applied as a discount on MSRP available on lease only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Golf 1.8T Highline / Jetta 1.8T Highline, 1.4T Comfortline, GLI or Hybrid / Tiguan Highline 4MOTION® models. Discount varies by model. \*\*Limited time lease offer available through Volkswagen Finance, on approved credit, on select new and unregistered 2016 models. Example based on 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. \$1,605 freight and PDI included in monthly payment. 36-month term at 0% APR with monthly payments of \$217. \$1,000 lease bonus cash has been applied in monthly payments shown. \$0 down payment, \$270 security deposit, \$4/tire recycling levy, \$6.25 AMVIC fee and first monthly payment due at lease inception. Total lease obligation: \$7,839. 48,000-kilometre allowance, charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end February 1, 2016 and are subject to change or cancellation without notice. Models shown: 2016 Golf 1.8T Highline, \$31,227 / 2016 Jetta 1.8T Highline, \$29,727 / 2016 Tiguan 2.0T Highline R-Line, \$41,880. Vehicles shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Golf", "Jetta", "Tiguan", "TSI", "Highline" and "4MOTION" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.





# EX-RADIO HOST BACK IN SPOTLIGHT

## Judge may consider 'similar fact' cases as Jian Ghomeshi's trial begins Monday

Crown attorneys prosecuting sexual assault cases often present numerous individual allegations that resemble each other in the hope that a judge will determine they represent "similar fact" evidence.

"Absent evidence of collusion, you start to wonder if they are telling the same story because the accused is doing it," said John Rosen, one of Canada's leading criminal defence lawyers.

Rosen, a criminal lawyer for 46 years, has no involvement in the case but was asked by the Torstar News Service to comment on the process of a criminal trial of this kind.

The trial of Jian Ghomeshi begins Monday at Old City Hall court in Toronto. Three women will testify that he sexually assaulted them (in one case, a charge of choking-overcome resistance has been added) between 2002 and 2003.

Ghomeshi has pleaded not guilty to the charges. Previously, the former Q host has said that all of his sexual activities with women have been entirely "consensual," and in a Facebook post



Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein at a Toronto court on Nov. 26, 2014. DARREN CALABRESE/THE CANADIAN PRESS

he blamed a jilted lover (who is not part of the proceedings) for spreading lies about him.

In a trial with multiple complainants, Rosen explained that after they have told their stories under oath, the judge may be

asked by the Crown to make a ruling on whether they are "similar fact" cases. If the judge rules they are, Rosen said "that lends corroboration to the complainants."

While an accused does not

have to testify, Rosen said the presentation of three individual cases may tip the scales and encourage Ghomeshi to present his side of the story.

That's because, Rosen explained, the "Supreme Court

of Canada has said that where you have a complainant who comes forward and testifies and there is no countervailing story coming from the defence, then the trial judge has to look at the credibility of the complainant." Rosen said that if there is no testimony from the accused, and "the trial judge accepts the credibility of the complainant, then it's a downward slide to conviction."

In a sexual assault case, particularly one with no additional evidence, Rosen said it often comes down to which side is believed.

"It's an intimate event. Two people, where nobody else is around. Those two really know what happened."

He said that it can sometimes be in the best interest of the accused to testify, particularly if it appears the trial judge is accepting the credibility of the complainants.

That's when a defence lawyer may put the client on the stand.

Even if the accused's evidence just raises a reasonable doubt, the judge must acquit," Rosen said. TORSTAR NEWS SERVICE

### + TIMELINE

Here are some key dates in Jian Ghomeshi's case.

#### ■ Oct. 24, 2014:

The CBC announces it has cut ties with Ghomeshi.

#### ■ Oct. 27, 2014:

The Toronto Star publishes a report detailing allegations from three women who say Ghomeshi was physically violent to them without their consent before or during sexual encounters.

#### ■ Oct. 31, 2014

Toronto police say they are investigating Ghomeshi after two women come forward with complaints.

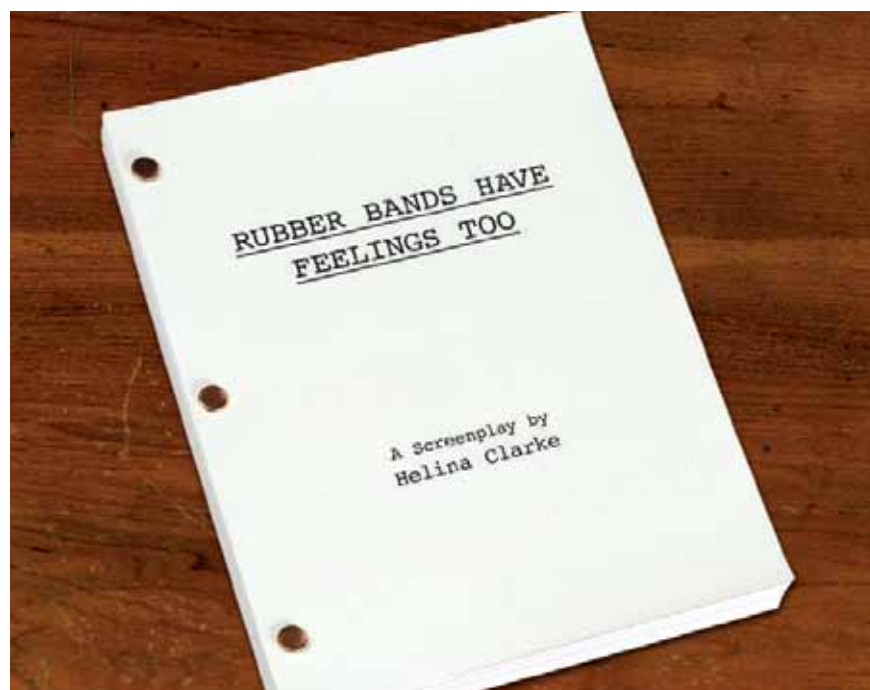
#### ■ Nov. 26, 2014

Five sexual assault-related charges are laid against Ghomeshi.

#### ■ Oct. 1, 2015

Ghomeshi pleads not guilty to all five charges.

THE CANADIAN PRESS



Creativity is subjective. The truth isn't.

Truth in Advertising Matters.



Advertising Standards Canada  
adstandards.com/psa

### SEXUAL ASSAULT CASES

## Convictions 'difficult': Experts

As the trial of disgraced broadcaster Jian Ghomeshi puts the issues of consent and sexual harassment in the national spotlight this week, legal experts caution that convictions in cases of historic sexual assaults are not easy to secure.

Ghomeshi's alleged offences date as far back as 2002, and legal experts say the passing of time often poses a significant challenge to winning a conviction in such cases.

"The obvious answer is just the degradation of evidence," said Karen Bellehumeur, a former Crown prosecutor who dealt frequently with sexual assault cases. "Not only has the memory of the survivor of the abuse degraded so that peripheral details are not as clear, but also there is no longer the corroborating evidence to be investigated by police."

Such evidence could include DNA, observations about injuries or damaged clothing, and witnesses, Bellehumeur said, noting that with little physical evidence, such cases typically boil down to a "he said, she said" scenario, especially when the accused

just such a high standard of proof that it becomes very difficult," Bellehumeur said. "Unless there's a real disparity between the believability of the complainant over the accused then it's going to be very difficult for the Crown to prove a case beyond a rea-



The obvious answer is just the degradation of evidence.

Former Crown prosecutor Karen Bellehumeur

and complainants know each other. The issue of consent in those cases, she said, becomes a key element.

"The main problem is that when you have a case that's just one word against the other, which tends to happen more in historic cases ... then a criminal case has

sonable doubt."

One positive aspect of dated sexual assault cases, however, is that the announcement of charges against an accused can prompt other complainants to come forward, which in turn can help the prosecution, Bellehumeur added.

THE CANADIAN PRESS



**DEBT PROBLEMS???**  
**780-424-9944**

Foreclosure Fear? Bank Loan Recalled?  
Wage Garnishment? Mortgage/Rent Arrears?  
Call Us. Talk to Us. We can help you NOW.

**FREE Consultation**  
**www.DEBTFREE.ca**





## ROSEMARY WESTWOOD

metroview

### Our whole society is on trial with Ghomeshi. Finally.

Today, Jian Ghomeshi will sit in a chair where very few alleged sexual abusers find themselves: in court.

Getting him there took an incredible feat.

In Canada, only about 0.5 per cent of sexual assaults result in court proceedings. And only about 0.2 per cent end in convictions (according to calculations made from 2014 and 2013-2014 data from Statistics Canada).

In numbers: 633,000 self-reported sexual assaults in a year, compared to 1,357 convictions.

Ghomeshi no doubt has his fame, in part, to blame for his unusual fate. And we, Canadians, can thank his fame for giving us the rare chance to collectively take stock of how terribly we fail victims.

This is a national reckoning.

It is a trial to spotlight how alleged abusers come in all kinds of packages — even handsome and charismatic. It will represent all the women, and some men, who do not report sexual assaults to police, because they know the odds are against them.

It will challenge us to remember that all are innocent until proven guilty. And it will force us to admit, in cases of sexual assault, that ideal, coupled with a perverse bias to believe women somehow “wanted it,” has left hundreds of thousands of victims a year without justice.

If there were an easy fix, we would not need this case quite so desperately.

In the fall of 2014, when support for Ghomeshi was still high and the allegations were all people could talk about, the actor Lucy DeCoutere spoke to media and put her name on the record as an alleged victim, when many were still too afraid.

“It sounds like he broke a country,” she said with incredulity. “That’s crazy.”

It is, and it’s not.

Those same statistics that make Ghomeshi’s trial so exceptional also underline how many untried cases are out there; how many victims living without recourse for what was done to them. Never mind the rest of us, who are all complicit if our justice system does not mete out justice.

It’s not only the low reporting rates (five per cent, compared to one-third for all crimes) and impunity. The rate of all violent crimes has fallen by nearly 30 per cent over the last decade, except sexual assaults. It’s unchanged.

In other words: We’re getting nowhere. Not when it comes to curbing sexual assault, or punishing it.

And so I’m grateful to the women who pressed charges against Ghomeshi, and put both him and our system on trial. Ghomeshi may be the one sitting in the chair, but today, we’re all called to court.

## METRO CALL TO ACTION

### #PrideTape scores fundraising goal

**Hockey fans across the country are showing their true colours. What started as a modest crowdfunding effort at the University of Alberta has grown into a coast-to-coast grassroots push for greater inclusivity in sports. But there’s still more work to be done.**

Hockey teams across North America could soon be taping up their sticks with pride after an Edmonton campaign passed its Kickstarter goal.

Pride Tape is an initiative of the Institute for Sexual Minority Studies and Services at the University of Alberta. It aimed to raise \$54,000 to have 10,000 rolls of the rainbow-coloured hockey tape made.

As of Sunday afternoon, more than \$70,000 had been pledged.

Kris Wells, the institute’s director, said the support has been overwhelming.

“That was great to see, and we have really been experiencing momentum for the Kickstarter campaign ever since the Oilers debuted Pride Tape at their skills competition,” he said.

The Edmonton Oilers put the tape on their sticks during their skills competition on

Jan. 24, and the team’s community foundation also gave the campaign \$8,000. Wells said that appearance led to a big surge in interest.

“It just sort of went viral all over North America,” he said, “The Oilers’ leadership has really been pivotal in the success.”

Having surpassed the goal, Wells said the additional funds are going to help get the tape in more hands.

“We’re well over what we initially hoped to raise to produce those first 10,000 rolls, so this extra funding just allows us to increase our support.”

Wells said the tape is meant to be a conversation-starter about LGBTQ issues in hockey and he’s hopeful minor leagues will think about policies or practices that might make people feel more welcome in the sport.

“It has to be more than



CONTRIBUTED

just putting the tape on your stick,” he said.

“Our goal has been to get the product created, to get it out there and distribute, and hopefully get people talking.”

Metro put out a call to readers on Friday encouraging them to have their local teams use Pride Tape, and Wells said that campaign has also led to results.

“We have seen on social media that people are asking their team.” RYAN TUMILTY/METRO

**Keep the momentum going! We think all of Canada’s pro and amateur hockey teams should get on board with Pride Tape. If you agree, share this story online and post on social media: #PrideTape**

# We need to get women talking about politics

## URBAN PARADIS

Danielle Paradis



In the Ward 12 byelection, more than 30 candidates are running, but only five — Danisha Bhaloo, Nav Kaur, Nicole Szymanowka, Laura Thibert and Preet Toor — are women.

Why? I asked that question last Wednesday when dozens of people crammed into a room at the Mercer Tavern in downtown Edmonton for the Equal Voice Alberta North campaign launch. Equal Voice is an organization that seeks to increase the number of female candidates running.

So, again, why so few women? “Financing is one of the big issues,” says Kasey Machin of EVAN, which works for gender parity on city councils and school boards.

Indeed, raising money is the reason behind the creation of

EMILY’s List in the U.S. (Early Money Is Like Yeast — it raises dough), and having money alleviates some of the other issues women in politics face — namely a lack of campaign staff with experience, a fundraising machine and field operations.

Another problem is role models. A lack of representation means women don’t see themselves in politics, which leads to a lack of candidates and a lack of representation.

Lisa Holmes, mayor of Morinville, says she was inspired to run when she saw other women, especially young mothers, on city council.

One barrier she sees is the scrutiny women face when running for public office.

“We’ve seen instances of women being held to different standards, and that can scare people away,” Holmes says, adding that while initially intimidating you quickly get

used to it.

Holmes says she likes to attend EVAN events to talk to women about running for municipal government.

“It’s the government closest to the people, and when you see the work being done, it’s just amazing,” she says. “Still, scrutiny is a huge barrier — I mean, just look at the Hillary Clinton campaign in the United States and the amount of time spent discussing her pantsuits, her marriage and whether she gets a pricey haircut.”

But beyond scrutiny, finances and experience, there’s an issue that isn’t talked about that’s blocking women from politics. Simply put, women aren’t often engaged in political discussions other than “women’s issues.”

I’ve experienced a lifetime of being left out of conversations on politics. It often seems men prefer to speak to each other about politics while

women are told not to discuss such things in polite company. How are people going to vote for women when they don’t get to see women talking about issues — beyond fashion and weight gain? While there may not be as many women running as there are men, there are some women running, and they’re all very qualified.

It’s great to see local councilors and organizations interested in gender parity support women. But none of this can replace the whims of the electorate.

If we want to see more women in politics, we need to give women our money and talk politics — and not just women’s issues — with them. Finally, we also have to show up and vote for women.

**Danielle Paradis** (@daniparadis) loves Edmonton, politics and flowcharts.



Your essential daily news

STAR MEDIA GROUP PRESIDENT  
**John Cruickshank**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

VICE PRESIDENT & GROUP PUBLISHER  
METRO WESTERN CANADA  
**Steve Shroot**

MANAGING EDITOR EDMONTON  
**Tim Querengesser**

ADVERTISER INQUIRIES  
adinfoedmonton@metronews.ca  
**General phone 780-702-0592**

FREE TO SHARE 

**PHILOSOPHER CAT**  
by Jason Logan

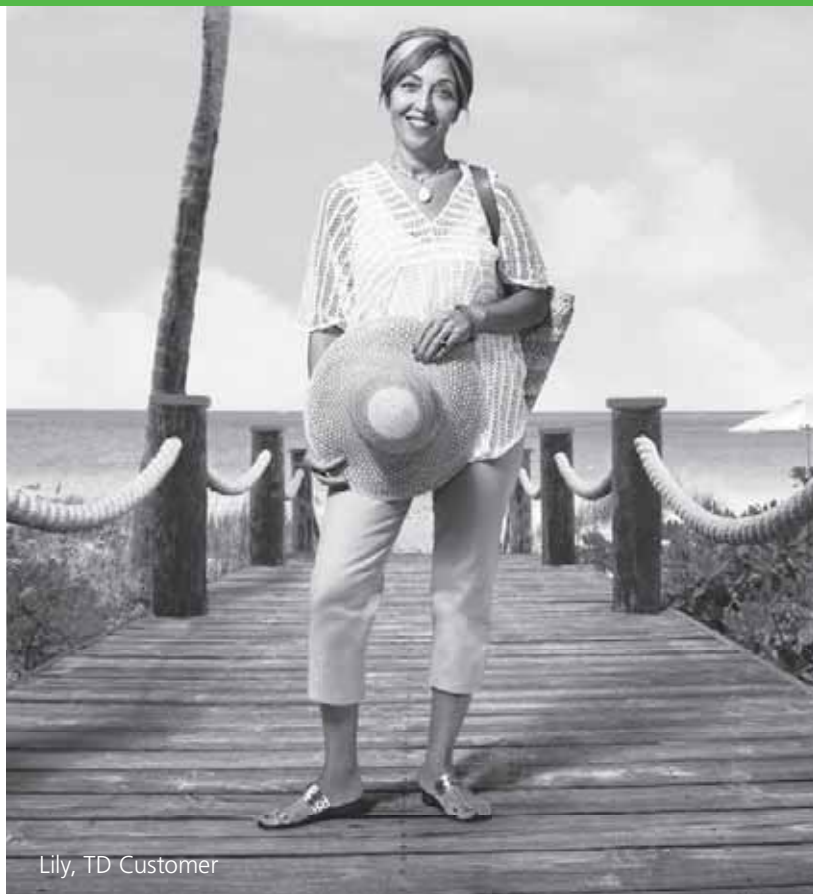


STANDARDS ARE ALWAYS OUT OF DATE. THAT IS WHAT MAKE THEM STANDARDS.

ALAN BENNETT

Philosopher cat now at  
[www.mymetrostore.ca](http://www.mymetrostore.ca)

Lily knew she wanted to travel.  
Tania knew how to make it happen.



Lily, TD Customer



Tania, TD Advisor

Our know-how can  
help you save more.

Lily worked with Tania, her TD advisor, to save easily  
for a dream vacation. Now it's your turn. Meet with  
an advisor today to save more and help reach your  
goals sooner.

See Lily's story at [td.com/savemore](https://td.com/savemore)



Banking can be  
this comfortable.





# RSP or TFSA? How to choose

NEST EGG

## The keys to understanding the popular savings tools

Michelle Williams

Two of the most popular savings tools available to Canadians are the RSP (Retirement Savings Plan) and the TFSA (tax-free savings account). But how do you decide which option is best for you? First of all, it's important to understand the differences between them:

### To tax or not to tax

"They're both tax-advantaged savings plans that are endorsed by the federal government, but with some real differences," says Kurt Rosentreter, a senior financial advisor at Manulife Securities and a chartered accountant in Toronto.

The RSP, around since 1957, was once the go-to savings plan for any Canadian looking to save for retirement. How much you can put into your RSP annually is directly related to your earned income: you can contribute up to 18 per cent of your previous year's earned income each year, which gets deducted from your taxable income at tax time. Whatever you don't use gets carried over to the following year.

"So there's room to build



Both RSPs and TFSAs have their advantages. Your choice will depend on your income and financial goals. ISTOCK

significant savings for retirement," says Phil Goldband, partner at G&G Partnership in Toronto.

Though you're taxed when you withdraw your RSP savings, presumably this won't be until you're retired and your income and tax bracket are lower. As such, you're pay-

ing significantly less tax on the money when you take it out than you would have paid when you made the contribution in your higher-income years.

In 2009, the federal government introduced the TFSA.

"There is no tax deduction

for your TFSA contribution like there is with an RSP contribution," explains Goldband, "however, when the money is withdrawn, the income earned comes out tax-free."

Unlike with an RSP, the amount you can contribute to your TFSA is not related to income. Everyone is allowed to

contribute the same amount: up to \$5,500 for 2016.

### Making the choice

So how do you choose which of the two plans makes the most sense for your hard-earned savings?

"First, a lot depends on your income," says Rosentreter.

"The Canadian income tax system is progressive — the more you make, the higher percentage of tax you pay. The RSP offers a tax deduction for your contribution amount every year. So the higher your income, the more beneficial it is."

For lower-income earners, the RSP tax deduction isn't worth as much, since you're not paying a high percentage of tax in the first place.

"Those with lower incomes may not be getting the bang for your buck with the RSP, so the TFSA contribution can make more sense," adds Rosentreter.

But it's not just about income level.

"Generally, it makes sense for young investors to put their money into TFSAs versus RSPs," Goldband says, since they can withdraw the money any time they want without being taxed on the income earned.

For expenses like a new car, a home, tuition or a medical emergency, the flexibility of a TFSA comes in handy.

However, both savings tools are designed to serve the same goal: saving for retirement. To that end, the choice doesn't have to be between one and the other. Young and old investors alike would be wise to look at both plans and consider the advantages each one offers.

"If someone has ample cash flow, they may want to consider maximizing both the RSP and TFSA contributions each year," suggests Rosentreter.

Meet  
your  
local TD  
advisor



Naveed Khan  
13318 50th St.,  
Edmonton

## Get comfortable.

Want to save more? Our advisors are here to help.  
Visit [td.com/savemore](http://td.com/savemore) to book an appointment today.

Our know-how can help you save more. Visit a branch or [td.com/savemore](http://td.com/savemore)





Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only 10 weeks left to tackle the women's largest financial burdens and teach them to allocate resources.

## Swimming in student debt



**LESLEY-ANNE SCORGIE**  
metromoney

**THE CHALLENGE:** Metro's finance guru Lesley-Anne Scorgie has 10 weeks left to get Annick, 24, and Yolanda, 27, to change their spending behaviours and build a nest egg while meeting their financial obligations. This week we focus on Annick.

**THIS WEEK:** Annick immigrated to Canada in 2010, finished her undergraduate degree in Energy Management at the University of Calgary, and now works as a property management administrator making \$35,000 per year. She's on a mission to crush her consumer debt within six months and save a \$25,000 down payment through her RRSP over the next five years.

**NEXT WEEK:** Yolanda learns there is such a thing as being too frugal! She is depriving herself of the small things in life that would make her happy, and must learn to build herself a "pillow" and stick to a budget so she doesn't binge shop.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

Life isn't much better here. Canadians use loans to pay for just about everything.



Annick, 24, Calgary

NET WORTH:  
\$ - \$61,550



As Annick struggles to stay on top of her bills, she also makes a list of her financial goals. JENNIFER FRIESEN/FOR METRO

### THE STORY

When Annick arrived to Canada from the Democratic Republic of Congo (DRC), she had high financial hopes. But today she joins thousands of underemployed new graduates in Alberta's tough economy. Compared to the DRC, "Life isn't much better here. Canadians use loans to pay for just about everything. Then they can't afford anything," says Annick.

Weighted down by credit card balances and student loans, Annick recently qualified for repayment assistance through Canada Student Loans, buying her six months of low principle payments of \$150 per month. She took another drastic financial step, applying for rent relief through her landlord. This request would reduce her monthly rent to \$1,200 from \$1,400. She splits this cost with her roommate.

### THE LESSON

It's hard to see the light at the end of the tunnel of debt, but Annick's going to use the 60/60/60 plan. Every 60 days she will eliminate another debt, starting with her loans from friends and family because those are loaded with financial and personal anxiety. She'll use money from her second job, \$450 per month, to eliminate those quickly.

She'll then move on to her taxes followed by her credit cards. While implementing the 60/60/60 plan, she'll continue to make regular minimum payments on

### \$ MONEY

#### A surprise

Annick worked extra hours at her second job in December and was paid double her hourly rate of \$17. She applied that 'extra' money to her furniture loan.

#### Assets

RRSP \$450  
**Total Assets: \$450**

#### Liabilities

Student Loans \$58,650  
VISA \$1,500  
Mastercard \$600  
Furniture loan \$250  
Loan from sister \$750  
Taxes owed \$250

**Total Liabilities \$62,000**

**Net Worth (61,550)**

every loan.

A common myth is that Annick can't save money while paying off her debt. But, we've discussed the benefits of using her employer's RRSP matching program. So she's signed up for a personal contribution of \$100 per month and her employer kicks in a \$50 match — free money! When Annick becomes debt free in five years, she'll have a nest egg she can use for a down payment or retirement.

### LEARNING TO SAVE

## Have money for fast food? Then you have money you to save

**Gail Vaz-Oxlade**  
For Metro Canada



One of the questions I often get from people who have watched my show is, "Are those people for real?" quickly followed by, "Don't they know they have to save something?"

Yes, the people on my show are very real; I took great pains to keep the "reality" in reality TV. And, no, people don't really think they have to save. Some think government benefits will

be enough. (That may be true if you're comfortable living on about \$18,000 a year.) Others say they just can't find the money to save.

Life is expensive. I know. But saving is important. Thirty or so years ago we knew that and we saved as much as 18 per cent of our income. Since then our savings rates have plummeted. Now, on average, we're saving about five percent of our money. But that's an average; some of us are saving nothing at all.

And then there are the folks who think that as long they're

stashing money away in RRSPs, TFSA or CSBs, they're doing fine. Never mind that the balances on their overdrafts, lines of credit or credit cards keep going up, they've got an automatic savings plan in place so they're okie dokie.

What they are is delusional. To be saving, you must be net positive, meaning that you must be putting away more money than you're taking on in debt. If this year you sock away \$10,000 in a TFSA but you rack up \$6,000 on your line of credit, \$3,500 on credit cards and \$500 in over-

draft, you've saved absolutely nothing.

Saving is the act of taking money out of your cash flow and putting it away a date to be named later. Putting \$50 a month away in savings and spending \$50 on credit that you're not paying off in full when the bill comes in is not saving. You're *pretending* to save.

You know the story of the grasshopper and the ant. Grasshoppers don't plan; ants do. Grasshoppers love their toys; ants love their freedom of choice. Grasshoppers compare

themselves to others; ants measure how close they are to reaching their goals. So, are you a grasshopper or are you an ant?

If you answer "grasshopper" all is not lost. Just because you're not an ant doesn't mean you'll never be a saver. You're just going to have to try harder to overcome your natural tendency to have a great time and not think about tomorrow.

If you want to become a saver, focus on making small, manageable changes that will stick. Don't give up coffee completely. Just decide that you're

going to trim back your coffee habit by 30 per cent a week and send all the money you're not spending on your caffeine habit to a high interest savings account.

Like to hit the fast-food outlets or drive-through windows? Every time you grab a burger or a coffee, drop a buck in a can you keep in your car. Hey, if you can find the money for the fast food, you can find the money to save too.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)



JOHANNA SCHNELLER WHAT I'M WATCHING

# A thaw in chilly Mr. Robot

**THE SHOW:** Mr. Robot, Season 1, Episode 7 (Shomi)  
**THE MOMENT:** The Shrug

Security expert Angela (Portia Doubleday) is seated in the tasteful study of corporate honcho Terry (Bruce Altman), making a deal: she'll fix his legal woes, if he describes what happened in a boardroom 20 years ago when he and other executives decided to ignore the treatment of hazardous waste in her township. He complies, nonchalantly.

"So you were drunk, eating shrimp cocktail, and it was raining when you decided my mother would die?" she asks. He looks at the ground.

"Did any of it ever give you, or anyone, pause?" she asks.

"Yeah. Sure," he replies. "But then you go home, and you have dinner. And you wake up the next morning." He shrugs.

That shrug, with all it implies, is the first moment of this series that made me feel real emotion. Oh, it's a fascinating show — brainy, original, well-made. But baby, it's chilly.

It revolves around the interior monologues of Elliot (Rami



Portia Doubleday, left, and Rami Malek star in Mr. Robot. CONTRIBUTED

Malek, excellent, both vulnerable and scary), a brilliant hacker with social anxiety disorder, who disdains people for not seeing what he sees: that we've signed our lives away to sneering corporate overlords. He plots with Mr. Robot (Christian Slater), an anarchist, to

bring the system down. (Again with the villainous super-rich! They're everywhere!)

Interior monologues are supposed to pull a listener in — give us insights, make us empathic. Elliot's are clever and full of truths. But because they're more about shadowy

conspiracies than about illuminating Elliot's soul, they keep me at a distance. I admire them. But I don't feel them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## MINISERIES

# Lily James plays War and Peace heroine

Many people find the idea of reading Leo Tolstoy's War and Peace to be daunting, but not Lily James.

When she was cast as Natasha in a miniseries based on the novel, she was working on a live action remake of Cinderella directed by Kenneth Branagh, who told her, "Reading War and Peace will be one of the great joys of your life."

"He is right," said James in a recent interview. "It is the most beautiful, wonderful story ever told, I think."

War and Peace, also starring James Norton and Paul Dano, is being broadcast on A&E. Part 3 debuts Monday.

James, 26, says she "really just used the book like a bible. I carried it around with me everywhere. I was scribbling and writing down all the bits

about Natasha that I loved. Every time she turned up on a page, my heart would start beating faster."

The miniseries introduces viewers to Natasha as a 13-year-old girl who is "very young, very open, very naive, very spirited." The miniseries spans 15 years and James says she most enjoyed playing an older Natasha.

"The second half of Natasha's journey was what I was really drawn to," she said.

"She's this really tragic heroine ... And she goes to such depths of despair and punishment. She punishes herself for the choices she makes and in such an extreme way, and I've never dealt with material like that before so it was a real challenge."

James dons a corset once



Lily James stars as the tragic Natasha in a new War & Peace miniseries. THE ASSOCIATED PRESS

again in her next film, Pride and Prejudice and Zombies, opening Feb. 5. It's based on the novel by Seth Grahame-Smith.

## BEREAVEMENT

# Céline back in Vegas

Just weeks after Céline Dion lost her husband René Angélil and older brother Daniel to cancer, the pop superstar will soon return to work.

A celebration of Angélil's life is slated to take place in Las Vegas on Wednesday, and after having little time to mourn privately, Dion is scheduled to resume her residency at The Colosseum at Caesars Palace on Feb. 23.

Angélil had been battling a recurrence of throat cancer, which he was first diagnosed with in 1998. He had three sons with Dion, who took a year-long hiatus to care for him before he died.

But even for those like Dion who know the loss of their spouse is imminent, the experience isn't any less painful when their partner dies — an experience Carole Brody Fleet knows all too well.

Brody Fleet's husband died just two years after being diagnosed with ALS, or Lou Gehrig's disease. Four months after his death, her dad passed away.

Brody Fleet, an author and grief recovery expert said work can be therapeutic for the bereaved. But she also hopes that the singer takes time away from the spotlight to cope with her grief. THE CANADIAN PRESS

**UNEMPLOYED OR LAID OFF?**  
Consider teaching English Overseas  
**JOB GUARANTEED!**  

- > TESOL Certified in 5 Days
- > In-Class or Online > No Degree Required!

**1.888.270.2941**  
 Next in-class course: March 9-13, 2016  
 Travelodge Edmonton South Hotel  
 Next Seminar: February 16<sup>th</sup>, 2016 @ 7pm  
 Roots on Whyte building - Whyte Ave (8135 102 Street)  
**GLOBAL TESOL COLLEGE**  
 Real English Worldwide [globaltesol.com](http://globaltesol.com)

## Service Directory

To advertise call 780-702-0592

## MORTGAGE

**\*100% FINANCING AVAILABLE**  
\*Some restrictions apply.  
**CONTACT US TODAY**  
*for all your mortgage needs*  
**Dominion Lending Centre, they're a beauty!**  
 They'll get the banks competing for your mortgage business.  
*Independently Owned and Operated*  
**DOMINION LENDING CENTRES**  
*Mortgage Force*  
**780-466-9898 | Toll Free: 1-844-466-9898**  
[www.mortgageapplyonline.ca](http://www.mortgageapplyonline.ca)

## TAX CREDITS

**Hip or Knee Replacement?**  
 The Disability Tax Credit allows for a  
**\$2,500 Yearly Tax Credit**  
**\$20,000 Lump Sum Refund (on avg)**  
 Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.  
**For Expert Help: 1-844-453-5372**

**metrolife**  
**Tell us how you really feel.**  
 Join our online reader panel and help make your Metro even better.  
[metronews.ca/panel](http://metronews.ca/panel)

**FRIDAY'S ANSWERS**  
 Your daily crossword and Sudoku answers from the play page.  
**for more fun and games go to**  
[metronews.ca/games](http://metronews.ca/games)



# Natural selections for a healthy life

The beginning of the year passes by so swiftly that it can be challenging to find the time to implement resolutions but when it comes to leading a healthier lifestyle, there are a few natural selections that can lead to better health.

A broad spectrum probiotic is a great way to chart your course for better health, according to Simply Health franchiser Azim Velji, who says it's important to boost your immunity in the winter months.

"Well balanced intestinal flora performs many critical tasks ranging from up to 80 per cent of immune system function, to optimal nutrient absorption and even vitamin synthesis," he says.

"Many consider intestinal flora worthy of organ status. With this in mind, the dominance of healthy microorganisms within the entire gastrointestinal tract is crucial for great health and well-being."

The delicate balance of intestinal flora can be disrupted by poor nutrition, pathogenic

such as E. coli and various species of Salmonella, opportunistic Candida overgrowth and broad spectrum antibiotics.

Velji recommends a supplement featuring multiple species from both Lactobacillus and Bifidobacterium genera, which will ensure that the entire gastrointestinal tract will benefit.

It's also widely recommended to start the new year off with a complete cleanse of the body.

"Many consider a complete cleanse to start the year off with a clean slate. Cleanses require discipline and commitment, taking a supplement containing liver specific nutrients is a great way to strengthen hepatic function for superior toxin breakdown and elimination without the hassle," Velji adds.

Saw palmetto is among the beneficial botanicals for liver function as it protects the liver from toxins and helps regenerate new liver cells. Black radish, beet root, alpha lipoic acid, dandelion root, artichoke, curcumin



ISTOCK

and schizandra are among the other natural nutrients that protect and invigorate the liver.

"A healthy liver will also be more adept at removing toxins from deep within the connective tissue of your skin for a healthy,

youthful glow."

Simply Health practitioners are always ready to answer their customer's health-related questions, and they also provide natural health books, journals, articles at no charge for those who want to browse them.

## EXCLUSIVE SALE ONLY AT

PRICES IN EFFECT UNTIL FEBRUARY 29, 2016

# SIMPLY HEALTH

WELLNESS AND NUTRITION MADE SIMPLE

Committed to Customer Care

**Sears**  
health & nutrition™

SOUTHGATE 780-437-7997   ABBOTSFIELD MALL 780-474-3298   MEADOWLARK MALL 780-443-0878   SPRUCE GROVE 780-962-9710   11149 ELLERSLIE RD SW 780-391-8773

SEARS SOUTHGATE 780-438-2098 (EXT.572)   SEARS KINGSWAY 780-479-8431 (EXT.571)

### HEALTHY GUT

#### Acidophilus Ultra

- Boosts immune system function against cold and flu
- Improves nutrient absorption and regulates bowel function
- All-natural PHD enteric-coated for optimal results

SALE \$15.47   SALE \$28.97   SALE \$53.97  
30 Caps   60 Caps   120 Caps

### PROSTATE HEALTH

#### Prostate Perform



- A natural and effective way to improve your prostate in just 7 to 10 days
- Reduces the enzyme that increases the levels of DHT (dihydrotestosterone) that can enlarge the prostate
- Helps stop the urgency and strain of urination that keeps you up at night and on edge during the day

SALE \$40.47   SALE \$73.47  
30 Caps   60 Caps

### DEEPLY HYDRATES

#### Organic Argan Oil

- Lightweight, fast-absorbing organic oil for daily moisturizing
- Deeply hydrates dry skin, hair, nails, and cuticles
- Prevents and reduces stretch marks



SALE \$16.97  
50 ml

### BEAUTIFUL SKIN

#### Rosa Mosqueta (Rose Hip Oil)

- Leaves your skin firm and smooth, with an even colour and tone
- Delays premature aging, and improves skin elasticity
- Revitalizes dry and dull skin



SALE \$14.97  
30 ml

### IMMUNE HEALTH

#### Wild Oregano C93



- Effective against colds, the flu, and sinus infections
- Rivals the effectiveness of standard antibiotics
- Blended with extra virgin olive oil for a smooth taste

SALE \$9.97   SALE \$16.97   SALE \$26.97  
15 ml   30 ml   50 ml

### LIVER HEALTH

#### Liver



- Removes toxins below the skin, for a healthier looking skin
- Helps fight gallstones, jaundice, and hepatitis
- Contains the highest-quality form of milk thistle extract

SALE \$41.47   SALE \$78.47  
90 Caps   180 Caps

### STRESS RELIEF

#### Chill Pill



- Natural treatment for managing stress and chronic anxiety
- Creates coherent, constructive brain activity for improved mental sharpness
- Nonaddictive and nondrowsy!

SALE \$12.97   SALE \$22.47  
16 Caps   30 Caps

### CUSTOMER APPRECIATION DAY

**Sears** Health & Nutrition | **SIMPLY HEALTH**

Feb. 2, 2016   Feb. 3, 2016

UP TO **25% OFF** ANY REGULAR PRICED ITEM  
WITH A MINIMUM PURCHASE OF \$20.00

www.simplyhealthcanada.com

FOLLOW US:



According to multiple reports, including ESPN, receiver Calvin Johnson has told the Detroit Lions he will retire



## Scott steals the show

NHL

### Unlikely all-star scores pair of goals, named tourney MVP

John Scott sat on his teammates' shoulders while fans chanted "M-V-P! M-V-P!" and the NHL finally got out of the way.

The people spoke up for Scott once again Sunday night, making the career journeyman enforcer an all-star MVP as a write-in candidate after voting him into the new 3-on-3 all-star tournament as captain of the Pacific Division.

Scott scored twice during the tournament, bringing cheers from fans and smiles from teammates who relished every moment along with the gentle giant and his goofy grin. Scott led the Pacific to a 1-0 win in the championship.

"It's just another one on the list of stuff that I cannot believe is happening," Scott said of being picked as MVP. "I never in a million years would have believed I was at an all-star game, the fans would be behind me like that and score two goals in a game. You can't put it into words. You can't write this stuff. It's unbelievable."

Now Scott's helmet is headed to the Hockey Hall of Fame in Toronto, and his name was trending on Twitter in the United States after a night when he wasn't listed among the three MVP candidates for a social media vote late in the final game.

The NHL did not release details, but fans took it upon themselves to select him once again, in an overwhelming vote for the six-foot-eight forward with five goals in 285 career games.



John Scott was cheered all weekend long in Nashville. BRUCE BENNETT/GETTY IMAGES

"I'm sure he won over a lot of people, and got even more fans," Chicago forward Patrick Kane said of Scott.

Fans at Bridgestone Arena booed the MVP options when announced and yelled for Scott, who wrote last week that someone with the NHL tried to talk him out of coming. He seemed a bit stunned as he soaked every-

thing in, from teammates lifting him on their shoulders while fans chanted "MVP!" before Scott was announced as the winner and presented with a Honda Pilot Touring SUV. He also posed with teammates behind their \$1 million check.

The NHL changed the format after last year's all-star game featured 92 shots and a combined

29 goals for the biggest offensive display in the showcase's 60-year history. This time, these all-stars combined for 116 shots and 23 goals.

This event looked much more like the hockey the league plays the rest of the season. Their inspiration was the 3-on-3 overtime approach for a tournament pitting the four divisions against each other in 20-minute games. The winners of the first two games advanced to a third-period championship.

"I broke a better sweat than last year for sure," Philadelphia Flyers and Metropolitan Division forward Claude Giroux said.

Anaheim forward Corey Perry scored the lone goal in the championship game at 3:38 of the second period. Two 10-minute periods were played in each of the three games.

THE ASSOCIATED PRESS

### SKILLS COMPETITION HIGHLIGHTS

Red Wings forward Dylan Larkin won not only the title of fastest skater at this event but set the record for the fastest lap around a full rink. He topped Mike Gartner's time of 13.386 seconds in 1996 — months before Larkin was born.

Hometown favourite Predators captain Shea Weber won the hardest-shot at 108.1 m.p.h.

P.K. Subban — channeling his inner Jaromir Jagr with a long-flowing wig — won the breakaway event — decided by Twitter fan voting.

## Bettman sticking it out until 2022

Gary Bettman said his relationship with the union has never been better.

Perhaps that's why he is willing to stick around as NHL commissioner into the next decade.

Bettman signed a contract through 2022, he confirmed in an interview Sunday on the NHL Network before the all-star game.

"This happened many, many

months ago," Bettman said.

He has been the league's leader since 1993 when it had 24 teams. Now, it has 30 franchises and there may be one or two more in a couple of years.

After Bettman's state-of-the-league news conference Saturday, he said the World Cup of Hockey and the 3-on-3 format for overtime and the all-star game are "great examples" of

how well he and NHL Players' Association executive director Don Fehr are getting along.

"Don has brought stability and strength to the union, and that's a good thing," Bettman said. "He's been a good working partner. That doesn't mean we agree on everything, but we're communicating well and working things out."

THE ASSOCIATED PRESS

AUSTRALIAN OPEN

## Djokovic romps way to 11th Slam

Novak Djokovic maintained his perfect streak in six Australian Open finals with a 6-1, 7-5, 7-6 (3) victory Sunday that consigned Andy Murray to a fifth defeat in championship deciders at Melbourne Park.

Djokovic equalled Roy Emerson's long-standing record of six Australian Open titles and increased his career haul to 11 Grand Slam titles, including four of the last five, to join Rod Laver and Bjorn Borg at No. 5 on the all-time list.

"First of all I need to pay the respect to Andy and his team. Tough match, tough luck tonight," Djokovic said. "You're a great cham-

pion, great friend, very committed to this sport. I'm sure in the future you're going to have many opportunities."

Murray became only the second man to lose five finals at one major — Ivan Lendl lost five and won three U.S. Open finals in the 1980s.

On Saturday, Angelique Kerber upset Serena Williams 6-4, 3-6, 6-4 to win the women's title to claim a major title for the first time.

THE ASSOCIATED PRESS



SURVEY

## Players don't trust NFL with health

An Associated Press survey of 100 NFL players finds that fewer than half think the league's clubs, coaches and team doctors have the athletes' best interests at heart when it comes to health and safety.

The divide between older and younger players is striking.

Barely a third of the players with at least four years of experience, 35 per cent, told The Associated Press they trust that their interests are being protected. That is far lower than the 71 per cent of players in Years 1-3 who hold that

1,672

The number of injuries during 2015 regular-season games that resulted in missed time, which works out to roughly one for each player in the league.

positive outlook.

Players from all 32 teams were surveyed.

THE ASSOCIATED PRESS

### IN BRIEF

#### Calgary lugers win bronze

Canada claimed a bronze medal in the team relay event Sunday on the final day of the luge world championships.

The new-look Calgarian relay team featuring 20-year-old Mitch Malyk, Alex Gough along with Tristan Walker and Justin Smith captured their first ever medal together.

The Germans captured the World Championship title on their home track. Latvia won the silver.

THE CANADIAN PRESS

#### N.S. wins women's jr. curling title, Manitoba men on top

Mary Fay's clutch eighth-end draw clinched the women's title for Nova Scotia at the Canadian junior curling championships.

Fay's shot broke open a 5-5 tie as Nova Scotia went on to a 9-5 win over British Columbia's Sarah Daniels in Sunday's final.

In the men's final, Manitoba's Matt Dunstone cruised to an 11-4 win over Northern Ontario's Tanner Horgan. THE CANADIAN PRESS



Gary Bettman GETTY IMAGES

## RECIPE Artichoke, Gruyère and Spinach Savoury Bread Pudding



PHOTO: MAMA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

If a frittata and bread pudding had a baby it would be this savoury dish of deliciousness.

### Ready in

Prep time: 10 minutes  
Total time: 40 minutes

### Serves 4

### Ingredients

- 2 Tbsp butter, divided
- 2 shallots, chopped
- 1 tsp salt
- 1/4 tsp pepper
- 2 thick slices of crusty country bread cut into 1-inch cubes
- 2 cups packed chopped spinach
- 1 1/2 cups grated Gruyère
- 14 oz can artichokes hearts, drained and chopped
- 1/4 cup milk
- 6 eggs, beaten
- 1 tsp fresh chopped basil

### Directions

1. Preheat oven to 400 F. Divide

Tbsp of butter between four 10-oz ramekins. Place them on a baking sheet in the oven on the middle rack. Allow butter to melt. Remove baking sheet from oven and grease the ramekins using the melted butter. Set aside.

**2.** In a medium skillet, heat 1 Tbsp of the butter. Add the shallots, salt and pepper. Cook until they soften, about 3 minutes.

**3.** In a large mixing bowl, toss the bread, spinach and cheese. Add the shallots, artichoke hearts, milk and eggs and mix. Sprinkle in the basil.

**4.** Spoon the mixture into prepared ramekins. Place the baking sheet of ramekins back in the oven and cook until golden brown, about 25 minutes.

**5.** Remove baking sheet from the oven and allow ramekins to cool for 10 to 15 minutes. Serve in ramekins or run a paring knife around the edges to loosen the pudding and turn out onto plates to serve.

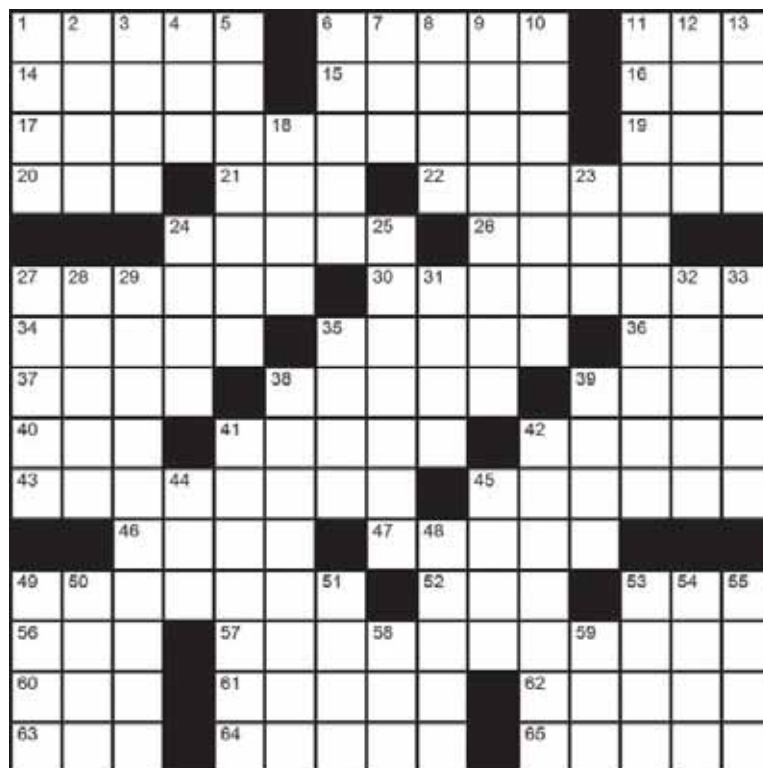
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. The Rockies, for example
6. Invites to one's penthouse suite: 2 wds.
11. Ms. Leoni
14. What the Toonie of Canada is, quite simply: 2 wds.
15. Kitchen appliances company
16. Grampus
17. Hair salon offerings for '90s pop stars: 2 wds.
19. "Ick."
20. \_\_ dollar bill
21. Howdies
22. Ruin
24. Tears For Fears member Mr. Smith, and namesakes
26. Tandoor-baked creation
27. Peace of mind
30. Other word in #29-Down's answer
34. Where Sidney Crosby's sport is played: 2 wds.
35. "American Pie" Chevy-driving spot
36. Status \_\_
37. To, archaically
38. Discovered through the grapevine
39. Roadside border
40. Pecan or almond
41. Covered in thicket/wooded
42. Migratory birds, for example
43. Scatter
45. Repartee
46. Retro toy, \_\_ Bat



47. Henhouse
49. "101 Dalmatians" (1996) villainess
52. AC/DC song
53. Brit. fliers
56. 'Racket' suffix
57. Nova Scotia hometown of hockey star Sidney

- Crosby: 2 wds.
60. Cornwall's country, curly
61. Pointed arch
62. Furious
63. Fifth musical note, variantly
64. To-the-North-Sea river in Germany

65. Birchbark vessel

### DOWN

1. River float
2. Land size
3. Lunch hour
4. Soldiers
5. Gush about

6. Possessed, archaically
7. Li'l quantity
8. Remarked
9. Like a story yet to be written
10. The North-west \_\_
11. Losing-lots-of

- blood emergency bandaging
12. Therefore
13. "... Breaky Heart" by Billy Ray Cyrus
18. Cork's country
23. 19th Greek alphabet letter
24. Irene's "Fame" (1980) role
25. The talking human
27. Circular
28. Yawnsville
29. Team #57-Across plays Center for (First word here ...more at #30-Across)
31. Song in '65's "The Sound of Music": "Climb \_\_ Mountain"
32. Health care professional
33. Solemn
35. Fewer
38. Antique time-keeper
39. Penny
41. Herd member with a sound maker: 2 wds.
42. \_\_ bypass surgery
44. "Star Wars: The Force Awakens" (2015) character, \_\_ Dameron
45. \_\_ fide
48. Additional
49. Third letters
50. \_\_, Nevada
51. Ms. MacGraw's
53. Horse coat hue
54. Car
55. Costless
58. Dusk
59. Sports or Underwire

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Your ability to charm your way into other people's affections will take you far. You'll get your way at home and work by telling what they want to hear. It may not be true but it makes them feel good.

**Taurus** April 21 - May 21  
Move fast to get ahead of your rivals. Certain people seem determined to prove that they are the ones most deserving of promotion but they will only succeed if you let them.

**Gemini** May 22 - June 21  
You've been avoiding a task you think will be unpleasant but if you tackle it today it really won't be so bad. Friends and family will help if you let them know that you need it.

**Cancer** June 22 - July 23  
Work-related issues won't be the trial they have been lately. You will make a positive impression on employers and other important people today, simply by being yourself.

**Leo** July 24 - Aug. 23  
Others will go out of their way to do things for you over the next few days, and you must take advantage. Your instincts tell you it won't always be as easy as this.

**Virgo** Aug. 24 - Sept. 23  
What you have said or done has only made matters worse. Of course, if you had listened to the advice given to you by a friend earlier on you could have saved yourself a lot of bother.

**Libra** Sept. 24 - Oct. 23  
It's not worth trying to control every situation. At some point you will realize it is better to let fate take its chosen course than struggle to steer it in a direction more to your liking.

**Scorpio** Oct. 24 - Nov. 22  
You'll feel good about yourself today and because of that you will be more open to the world. Wherever you go and whatever you do, stay calm. Minor annoyances are a fact of life.

**Sagittarius** Nov. 23 - Dec. 21  
Be fair in your dealings and give others the benefit of the doubt if they stray from the straight and narrow. A new love affair is possible this week, or an existing one will be more fun than it has been.

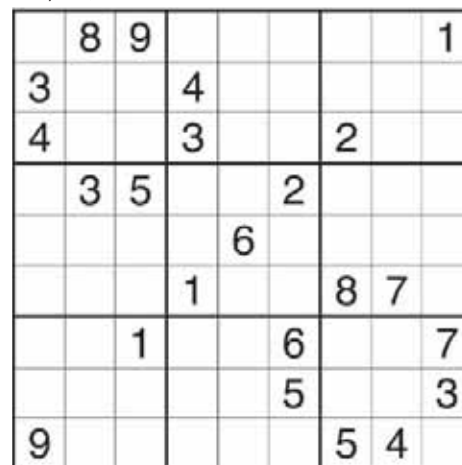
**Capricorn** Dec. 22 - Jan. 20  
Not everyone is as logical as you and some people can be remarkably sensitive, so don't criticize too harshly. There's a way to break unpleasant news, a way that calls for a tact and understanding that you must learn.

**Aquarius** Jan. 21 - Feb. 19  
Get away from the daily grind and recharge your batteries in a more tranquil environment. It's a great time to take a short vacation but if that is not possible at least don't tax yourself with new chores and responsibilities.

**Pisces** Feb. 20 - March 20  
There is a danger that you will create problems that need not exist. The most useful advice anyone can give you now is to stop pushing so hard.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



# Love stars? Don't pay to watch celebrities.

Pay for channels you actually want with Optik™ theme packs.

Make the switch at [telus.com/optiktv](http://telus.com/optiktv) or call 310-MYTV (6988)

**TELUS**  
the future is friendly™



# 6 FRESH WAYS TO RETHINK THAT BOX OF PASTA

On crazy weeknights, sometimes the only thing standing between you and yet another order of takeout... is a box of pasta. Start with 12 ounces of any shape pasta, cooked and drained according to package instructions. Here are a few easy pasta meals to solve your weeknight dinner woes. **THE ASSOCIATED PRESS**



## 1 Shrimp with Tomatoes, Red Onions and Basil

In a large skillet, heat 3 tablespoons olive oil, then add 4 cloves thinly sliced garlic and cook until just starting to brown. Add 2 diced large tomatoes and 1 finely chopped small red onion. Cook for 2 minutes, then add 1 pound peeled and deveined cooked shrimp. Cook just until heated through. Stir in the pasta and add 1 cup torn fresh basil leaves. Serve topped with additional olive oil and shaved Parmesan cheese.



## 2 Brothy Beef and Mushroom

Cook 8 ounces button mushrooms (whole or sliced) in a skillet with a little olive oil. Transfer to a plate, then cook 1 pound thinly sliced flank steak in a bit more oil. Season with salt and black pepper. Add 1 cup low-sodium beef broth and 1/2 cup low-sodium chicken broth. Stir in the pasta and mushrooms. Serve topped with chopped fresh chives or scallions.



## 3 Quick Veggie

In a large bowl, toss together a grated medium zucchini, 1 pint halved grape tomatoes, 2 cloves minced garlic, the pasta and a healthy drizzle of olive oil. Season with salt and black pepper, then top with grated Romano cheese or crumbled feta.



## 4 Bacon, Leek and Swiss

In a large skillet, cook 2 large diced leeks in 4 tablespoons (1/2 stick) butter over medium heat until very tender. Stir in 1/2 cup low-sodium chicken broth and 2 tablespoons chopped fresh thyme. Add 1 cup crumbled cooked bacon and stir in the pasta. Stir in 1 cup shredded Swiss cheese.



## 5 Creamy Ham and Pea

Melt 2 tablespoons butter in a large skillet. Add 1 diced medium yellow onion and cook until tender. Stir in 1 tablespoon all-purpose flour and stir to coat. Add 1 cup low-sodium chicken broth and whisk together. Add 1/2 cup heavy cream and whisk again. Bring to a simmer, then add 2 cups diced ham and 2 cups frozen peas. Cook for 3 minutes, then stir in the pasta.



## 6 Thai Chicken

In a skillet, cook 1 chopped large yellow onion in 1 tablespoon vegetable oil. Add 1 cup grape tomatoes and 2 1/2 cups shredded cooked chicken meat. Stir in a 14 1/2-ounce can light coconut milk and 1 to 2 tablespoons red or green curry paste. Bring to a simmer, then add the pasta. Stir in 1 tablespoon fish sauce, if desired. Serve with lime wedges and chopped fresh cilantro.



Love sports?  
Don't pay to  
watch romance.

Pay for channels you actually want  
with Optik™ theme packs.

